

FAMILYGRAM 04-10
SPOUSE SUPPORT & RELOCATION ASSISTANCE FOR FAMILIES

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SUBJ/FAMILY GRAM 04-10 SPOUSE SUPPORT AND RELOCATION ASSISTANCE FOR FAMILIES//

RMKS/1. THIS NAVADMIN IS THE FOURTH IN A SERIES DESIGNED TO PROVIDE INFORMATION ON SUPPORT SERVICES, ASSISTANCE, AND ENTITLEMENTS AVAILABLE TO NAVY FAMILIES.

THIS MONTH'S FOCUS IS THE NAVY SPOUSE. IN THIS FAMILY GRAM WE WILL REVIEW SOME ITEMS OF INTEREST FOR NAVY SPOUSES INCLUDING SPOUSE SUPPORT, INFORMATION RESOURCES, AND EDUCATIONAL ASSISTANCE.

2. SUPPORT INFORMATION AND PROGRAMS FOR THE NAVY SPOUSE.

A. FLEET AND FAMILY SUPPORT PROGRAMS. FLEET AND FAMILY SUPPORT CENTERS (FFSC) OFFER MANY PROGRAMS AND SERVICES INCLUDING DEPLOYMENT SUPPORT, CLINICAL COUNSELING, INFORMATION AND REFERRAL, RELOCATION ASSISTANCE, FAMILY EMPLOYMENT ASSISTANCE, NEW PARENT SUPPORT, AND LIFE SKILLS EDUCATION. LIFE SKILLS CLASSES FOSTER HEALTHY FAMILIES AND STRONG MARRIAGES BY FOCUSING ON ANGER AND STRESS MANAGEMENT, BUDGETING, COUPLES COMMUNICATION, PARENTING, AND SUICIDE AWARENESS. CONTACT YOUR LOCAL FFSC TO SIGN UP FOR A WORKSHOP, CLASS, OR TO GET MORE INFORMATION.

YOU CAN ALSO VISIT THEIR WEBSITE AT WWW.FFSP.NAVY.MIL.

B. NAVY OMBUDSMAN. OMBUDSMEN PROVIDE INFORMATION UP AND DOWN THE CHAIN OF COMMAND, INCLUDING OFFICIAL DEPARTMENT OF THE NAVY AND COMMAND INFORMATION. THEY MAY ALSO PROVIDE INFORMATION REGARDING COMMAND CLIMATE ISSUES, QUALITY OF LIFE PROGRAMS, AND THE LOCAL COMMUNITY. THEY PROVIDE RESOURCE REFERRALS WHEN REQUESTED. OMBUDSMEN ASSIST COMMANDS TO RESOLVE FAMILY ISSUES BEFORE THEY BECOME A CRISIS. IF YOU WOULD LIKE TO CONTACT YOUR OMBUDSMAN VISIT WWW.OMBUDSMANREGISTRY.ORG.

C. FAMILY READINESS GROUPS (FRG). FRG'S ARE AN INTEGRAL PART OF THE FAMILY READINESS ALLIANCE, A NETWORK THAT BUNDLES KEY SUPPORT SERVICES SUCH AS OMBUDSMEN, FFSC, CHAPLAINS, SCHOOL LIAISON OFFICERS, AND CHILD DEVELOPMENT CENTERS TO PROVIDE COORDINATED SERVICES IN SUPPORT OF SERVICEMEMBERS AND THEIR FAMILIES. FRG'S WERE HIGHLIGHTED IN OUR MOST RECENT FAMILY GRAM IN APRIL, NAVADMIN 146/10.

D. NAVY CHAPLAINS. IN ADDITION TO SPIRITUAL SUPPORT, CHAPLAINS ARE AN EXCELLENT SOURCE OF INFORMATION FOR RESOURCES AND REFERRALS. FURTHERMORE, CHAPLAINS OFFER CONFIDENTIAL COUNSELING. TO LOCATE THE NEAREST CHAPLAIN'S OFFICE GO TO WWW.ANCHORDESK.NAVY.MIL/HTM/CHAPLAINROSTERCONUS.HTM#. FOR DAILY DEVOTIONS, PERSONAL PRAYERS, SELF-HELP TOPICS, AND ADDITIONAL SUPPORT LINKS VISIT WWW.CHAPLAINCARE.NAVY.MIL.

E. COMPASS. A SPOUSE-TO-SPOUSE MENTORING PROGRAM, COMPASS INTRODUCES PARTICIPANTS TO ALL ASPECTS OF THE MILITARY LIFESTYLE. THIS FREE 12-HOUR PROGRAM OFFERS SPOUSES THE OPPORTUNITY TO ESTABLISH A PEER NETWORK, ACQUIRE KNOWLEDGE AND DEVELOP THE SKILLS NECESSARY TO

FAMILYGRAM 04-10

SPOUSE SUPPORT & RELOCATION ASSISTANCE FOR FAMILIES

SUCCESSFULLY MEET THE FUTURE CHALLENGES OF MILITARY LIFE. MUCH OF THE INFORMATION IS SPECIFIC TO THEIR CURRENT LOCATION. FOR MORE INFORMATION OR A CLASS IN YOUR REGION, GO TO WWW.GOCOMPASS.ORG OR CALL 1-877-673-7773.

F. NAVY MARINE CORPS RELIEF SOCIETY (NMCRS). THE NMCRS PROVIDES NEED-BASED FINANCIAL ASSISTANCE IN THE FORM OF INTEREST-FREE LOANS AND GRANTS, SCHOLARSHIPS AND EDUCATIONAL LOANS, FINANCIAL COUNSELING, BUDGETING WORKSHOPS, INFANT LAYETTES, THRIFT SHOPS, AND VISITING NURSE SERVICES. CONTACT YOUR LOCAL NMCRS OFFICE FOR MORE INFORMATION, ELIGIBILITY CRITERIA, AND LOCAL AVAILABILITY OF THESE SERVICES. OFFICE LOCATION INFORMATION CAN BE FOUND AT WWW.NMCRS.ORG.

G. NAVAL SERVICE FAMILYLINE. NAVAL SERVICE FAMILYLINE PROVIDES MENTORING PROGRAMS AND INFORMATION FOR NAVY SPOUSES INCLUDING LINKS TO SPOUSE GROUPS IN OR NEAR YOUR LOCATION. MORE INFORMATION CAN BE FOUND AT WWW.CNIC.NAVY.MIL/FAMILYLINE.

H. FAMILY ADVOCACY. THE FAMILY ADVOCACY PROGRAM (FAP) OFFERS A VARIETY OF INTERVENTIONS AND TREATMENT SERVICES ADDRESSING ALLEGATIONS OF DOMESTIC AND CHILD ABUSE. FAP PROVIDES COUNSELING, CLINICAL CASE MANAGEMENT, TREATMENT GROUPS, AND REFERS FAMILIES TO MILITARY AND CIVILIAN RESOURCES AS APPROPRIATE. IF YOU THINK YOU MAY BE A VICTIM OF DOMESTIC ABUSE, CONTACT THE NATIONAL DOMESTIC VIOLENCE HOTLINE AT 1-800-799-SAFE OR VISIT YOUR LOCAL FLEET AND FAMILY SUPPORT CENTER FOR INFORMATION ON AVAILABLE RESOURCES. MORE INFORMATION ON THE PROGRAM CAN BE FOUND AT WWW.FFSP.NAVY.MIL.

I. WEB-BASED PROGRAMS. THE DEPARTMENT OF DEFENSE HAS CREATED PROGRAMS TO HELP ADDRESS THE CHALLENGES FACED BY MILITARY SPOUSES. TWO PRIMARY RESOURCES ARE MILITARY ONE SOURCE AND MILITARY HOMEFRONT.

(1) MILITARY ONE SOURCE (MOS). MOS IS THE CENTRAL MEMBER AND FAMILY SERVICE PROVIDER. AVAILABLE 24/7, SERVICES INCLUDE EVERYTHING FROM EVERYDAY DIFFICULTIES TO THE MOST COMPLICATED SITUATIONS. MOS ALSO PROVIDES INFORMATION REGARDING CHILD CARE, ELDER CARE, RECREATION, AND TRAVEL PLANNING. THERE IS ACCESS TO FREE BOOKS (FICTION AND NON-FICTION) AND COMPACT DISKS, AS WELL AS CAREER AND EDUCATION INFORMATION. THE WEBSITE IS WWW.MILITARYONESOURCE.COM.

(2) MILITARY HOMEFRONT. THE DOD WEBSITE FOR OFFICIAL MILITARY COMMUNITY AND FAMILY POLICY PROGRAM INFORMATION, POLICY AND GUIDANCE DESIGNED TO HELP TROOPS, FAMILIES, LEADERS AND SERVICE PROVIDERS. THIS IS AN EXCELLENT RESOURCE FOR TOOLS AND INFORMATION ON A WIDE VARIETY OF TOPICS FOR MEETING THE CHALLENGES AND REAPING THE REWARDS OF THE MILITARY LIFESTYLE. AVAILABLE AT WWW.MILITARYHOMEFRONT.DOD.MIL.

3. SPOUSE EDUCATION ASSISTANCE.

A. POST 9/11 BILL. THIS BILL PROVIDES EDUCATION BENEFITS FOR SERVICE MEMBERS WHO HAVE SERVED ON ACTIVE DUTY FOR 90 OR MORE DAYS SINCE 10 SEPTEMBER 2001. THIS VETERANS ADMINISTRATION PROGRAM OFFERS AN OPTION FOR TRANSFERRING THE BENEFITS TO FAMILY MEMBERS. FOR MORE INFORMATION CONTACT YOUR LOCAL VETERANS ADMINISTRATION OFFICE OR GO TO WWW.GIBILL.VA.GOV.

B. SPOUSE TUITION AIDE PROGRAM (STAP). STAP IS SPONSORED BY NMCRS AND OPEN TO SPOUSES RESIDING WITH THEIR ACTIVE DUTY SERVICE MEMBER STATIONED OVERSEAS. THIS PROGRAM IS A NEED-BASED, NO-INTEREST LOAN. THESE LOANS ARE AVAILABLE FOR PART-TIME AND FULL-TIME UNDERGRADUATE AND GRADUATE STUDIES. FOR MORE INFORMATION, VISIT WWW.NMCRS.ORG/STAP.

C. OTHER EDUCATIONAL ASSISTANCE. MILITARY ONE SOURCE HAS AN EXTENSIVE LIST OF RESOURCES OFFERING EDUCATIONAL ASSISTANCE AT WWW.MILITARYONESOURCE.COM/MOS/FINDINFORMATION/CATEGORY/MILITARYSPOUSECAREERADVANCEMENTACCOUNTS/MILITARYSPOUSEFINANCIALAIDRESOURCELIST.ASPX.

FAMILYGRAM 04-10
SPOUSE SUPPORT & RELOCATION ASSISTANCE FOR FAMILIES

4. RELOCATION. MAKING A PERMANENT CHANGE OF STATION (PCS) MOVE PRESENTS MANY CHALLENGES FOR OUR NAVY FAMILIES. RELOCATION CAN BE MADE LESS STRESSFUL WITH PROPER PLANNING AND UTILIZATION OF THE FREE SERVICES OFFERED BY FFSC.

A. RELOCATION ASSISTANCE OFFERED BY THE FFSC IS DESIGNED TO MAKE THE MOVING PROCESS AS EFFORTLESS AS POSSIBLE. FROM SMOOTH MOVE WORKSHOPS TO HOUSEHOLD LOANER KITS, SAILORS ARE PROVIDED WITH ALL THE NECESSARY RESOURCES TO MAKE THEIR TRANSITION TO A NEW DUTY STATION EFFICIENT AND SIMPLE. SERVICES ARE PROVIDED THROUGH ADVANCED WEB-BASED TECHNOLOGY AND PERSONALIZED ASSISTANCE. RELOCATION SERVICES AT THE FFSC INCLUDE:

(1) ONE-STOP ACCESS TO RELOCATION INFORMATION AND SERVICES THAT ANSWER QUESTIONS ON HOUSING AVAILABILITY AND AFFORDABILITY, CHILD CARE OPTIONS, SCHOOLS, AND SPOUSE EMPLOYMENT OPPORTUNITIES. IN OVERSEAS LOCATIONS, THE FFSC PROVIDES CULTURAL ADAPTATION TRAINING FOR THE LOCAL ENVIRONMENT.

(2) ACCESS TO COMPUTER BASED TECHNOLOGY RESOURCES TO RESEARCH NEW LOCATIONS, EXPLORE DEMOGRAPHIC INFORMATION, AND CONNECT WITH LOCAL EXPERTS TO SATISFY QUESTIONS RELATING TO THE NEW AREA. TO START THE PROCESS OF EASIER TRANSITION, CONTACT YOUR LOCAL FFSC RELOCATION PROFESSIONAL OR LOG ON TO THE NAVY FLEET AND FAMILY PROGRAMS WEBSITE AT WWW.FFSP.NAVY.MIL AND SELECT RELOCATION ASSISTANCE. OTHER USEFUL LINKS: WWW.PLANMYMOVE.ORG AND WWW.MILITARYHOMEFRONT.DOD.MIL/TF/MOVINGANDRELOCATION/101 (LOWERCASE).

B. SMARTWEBMOVE (SWM). SWM IS A SECURE ONLINE PROGRAM ACTIVE-DUTY NAVY MEMBERS AND THEIR FAMILIES CAN USE TO ARRANGE HOUSEHOLD GOODS SHIPMENTS FROM THEIR CURRENT DUTY STATION TO A NEW DUTY STATION. THE WEBSITE CAN BE ACCESSED 24 HOURS A DAY, 7 DAYS A WEEK FROM HOME, WORK, ON-BOARD SHIP - ANYWHERE YOU HAVE INTERNET CONNECTIVITY. THERE IS NO NEED TO LEAVE HOME OR WORK TO ARRANGE A BASIC STATION-TO-STATION HOUSEHOLD GOODS MOVE. AFTER YOU COMPLETE YOUR SWM APPLICATION ONLINE, A PERSONAL PROPERTY OFFICE COUNSELOR WILL CONTACT YOU ABOUT YOUR MOVE, INCLUDING CONFIRMATION OF YOUR APPROVED PICKUP DATE AND THE NAME OF THE MOVING COMPANY WHO WILL SERVE YOU. IF YOU WOULD LIKE TO PERFORM YOUR MOVE YOURSELF, PLEASE VISIT THE "PERSONALLY PROCURED MOVES" PAGE OF THE WEBSITE. MORE INFORMATION CAN BE FOUND AT WWW.SMARTWEBMOVE.NAVSUP.NAVY.MIL (LOWERCASE).

5. THIS INFORMATION IS JUST A SAMPLE OF THE RESOURCES AVAILABLE TO SPOUSES AND FAMILIES. FOR MORE DETAILS, PLEASE SEE OUR RECENTLY RELEASED FAMILY GRAMS: NAVADMIN 072/10, MEDICAL BENEFITS, NAVADMIN 120/10, DEPLOYMENT SUPPORT FOR FAMILIES AND NAVADMIN 146/10, CHILD AND YOUTH PROGRAMS.

6. POINT OF CONTACT: MS. BETTY TALLEY, OPNAV N135F, AT (901) 874-4299/DSN 882, OR E-MAIL AT [BETTY.TALLEY\(AT\)NAVY.MIL](mailto:BETTY.TALLEY(AT)NAVY.MIL).

7. RELEASED BY VADM MARK FERGUSON, N1.//
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